

# GULF DEFENDER



Vol. 62, No. 40

Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 17, 2003

## In brief

### Commander's call

Air Force Chief of Staff Gen. John Jumper holds a commander's call Monday in Hangar 1. All 325th Fighter Wing members are highly encouraged to attend and should be in place not later than 1:45 p.m. Shuttle service will be made available from the base clinic and the wing support center, Bldg. 662. Shuttle service times will be posted via e-mail and the commander's cable access channel, TV-12.

### Beach cleanup

The annual beach cleanup takes place 8-11 a.m. Oct. 25 at the Tyndall AFB NCO Pavilion and beach access area (Tyndall Beach House). For questions, call ChiQuita George, 325th Civil Engineer Squadron Environmental Flight at 283-4498.

### Permit sales

Until further notice, permit sales from the base natural resources office will be available 8 a.m. to 4 p.m. Monday and Friday; and 11:30 a.m. to 4 p.m. Tuesday, Wednesday and Thursday. For questions, call Brenda Kampf at 283-2822.

### Tree trimming notice

Tree trimming to raise the canopy from the roofs will begin Oct. 27 in Shoal Point and Wood Manor housing areas. Contractors may need access to front and backyard areas to complete this necessary work.

## Ceremony hails Tyndall's first Raptor



Lisa Carroll

Gen. Don Cook, commander of Air Education and Training Command, delivers remarks at the Oct. 10 F/A-22 arrival ceremony inside Tyndall's brand new Raptor hangar. Seated behind him (from left) are Lt. Col. Jeff Harrigian, 43rd Fighter Squadron commander, United States Sen. Bill Nelson (D-Fla.) and U.S. Representative Allen Boyd (D-North Florida), who also hailed the new air dominance fighter/attack aircraft and all Tyndall men and women who will operate, maintain and support them.

**TECH. SGT. DAN NEELY**  
325th Fighter Wing public affairs

Tyndall Air Force Base rolled out the red carpet Friday to officially welcome the Air Force's first operational F/A-22 Raptor here. While Tyndall's first F/A-22 — "Raptor 18" — was delivered here Sept. 26, the host 325th Fighter Wing set aside Friday's ceremony as the marquee celebration.

Inside a brand new F/A-22 hangar, and with "Raptor 18" parked behind them, several key government, Air Force, contractor and civic officials took turns at the podium to hail the new fighter and the men and women who will operate, maintain and support it.

"This airplane guarantees

American control of the skies, not only above friends, but it guarantees American reach into the dark corners of the world where our enemies may try to hide," remarked United States Sen. Bill Nelson (D-Fla.). "This airplane is a powerful combat system and an equally powerful symbol of American resolve to deny our enemies even the slightest hope of military success anywhere on the battlefield." Senator Nelson is a member of the Senate Armed Services Committee.

"With the introduction of the F/A-22, we have a worthy successor for the F-15, which will ensure the U.S. Air Force will continue to dominate the airspace over the battlefield for decades

to come," said Congressman Allen Boyd (D-North Florida), who represents Florida's second district in the U.S. House of Representatives.

Congressman Boyd, recalling his military service as an infantryman in Vietnam, said he greatly enjoyed seeing first hand the benefits of Air Force air dominance.

"Nothing made me happier or more satisfied than to see the F-4s flying over us, because we knew that we completely dominated the airspace, and it made our jobs on the ground so much easier."

Gen. Donald Cook, commander of Air Education and Training Command, kicked off his comments by praising the airplane

the Raptor will eventually replace.

"The Eagle is continuing to do a magnificent, remarkable job of gaining and attaining air superiority," the general said. "The F/A-22," he continued, "takes our fight for freedom and democracy a step farther — specifically a guarantee of air dominance."

General Cook lauded air dominance as instrumental in nearly every military combat victory since World War II.

"Simply put, air dominance minimizes casualties — ours and theirs. With its first look, first shot, first kill capability, the F/A-22 is a national asset that will guarantee soldiers, sailors, airmen and Marines, and our allies and coali-

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# Team Tyndall welcomes CSAF visit

**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander



The Raptor has landed and its arrival has been celebrated. Thank you to all involved who worked so hard to make Friday's event successful. For some, last week's rollout was the culmination of years of hard work and the ceremony was a fitting welcome for the jet and a celebration of your efforts.

I know Gen. Donald Cook, Air Education and Training Command commander, walked away impressed with the enthusiasm and professionalism of the entire wing and all he came in contact with during his visit. The entire event was a Herculean team effort and a definite touchdown.

Although this significant milestone is behind us, the busy pace continues, as the wing now prepares for Chief of Staff of the Air Force Gen. John Jumper's visit here. The Chief of Staff will be on base next week, so make sure you put the extra effort into ensuring your squadron areas look their best.

Let's show General Jumper exactly why our wing is so outstanding. Also, General



**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander

**"The Chief of Staff will be on base next week, so make sure you put the extra effort into ensuring your squadron areas look their best. Let's show General Jumper exactly why our wing is so outstanding."**

Jumper will host a Commander's Call Monday at Hangar 1. Be in place not later than 1:45 p.m. Shuttle service will be made available from the base clinic and the wing support center, Bldg. 662. Shuttle service times will be posted via e-mail and the commander's cable access channel, TV-12. This is an outstanding opportunity to hear what is on the Chief's mind and gain a better understanding of his vision for the future of our Air Force.

A key to our future success lies in supporting organizations dedicated to helping others. If they haven't already, your unit representative for the Combined Federal Campaign will be making contact with you soon.

The CFC is a great way to give something back and support organizations and causes that mean something to you. There are thousands of charitable organizations listed in the CFC book, and I encourage you to look through the guide to see if there is an organization you would like to support.

Another way to support the CFC is to participate in the CFC Golf Tournament, one week from today at noon at the golf course. This is an excellent opportunity to support the CFC and have some fun at the same time.

Once again, thanks for all the great work you are doing and have an outstanding week.

## Trio adds up to big impact

**MAJ. TODD VICIAN**  
376th Expeditionary Services Squadron commander

**MANAS AIR BASE, Kyrgyz Republic (AFPN)** — They say big things sometimes come in small packages. Look at the number three. It is a small number, but it can have a big impact. A triple play ends an inning. A triple crown is the stuff legends are made of. The trinity is monumental to Christians around the world. Three Air Force core values set the foundation for all decisions we make as we do our mission at home or while deployed.

Three words said to me on a vacation to the Badlands of South Dakota two summers ago had a pro-

found impact on me. As we pulled up to the Crazy Horse Monument, I remembered that one of my non-commissioned officers had once told me military were admitted to the park free. I stopped at the ticket booth and asked if this was still true. As the attendant said, "yes," I tried to get my wallet out of my pocket to show my ID card. Then he said the three words that I still remember today, "I believe you."

He waved me through, and as I drove to the parking lot, I asked myself, why did he believe me? Why didn't he ask for proof? After all, he didn't know me and had no reason to believe me.

Or did he? He obviously knew many people like me — people in the military. He may not have known we have core values, but he knew we who wear the uniform for the most part stand for what's right. We protect freedom and put integrity first. I was the beneficiary of his past experiences, probably positive ones, with the military.

I drove away encouraged that I was associated with the profession of arms. Sometimes, however, I wonder how long we will keep this good reputation. Occasional news stories about dishonest servicemembers tarnish our image, but the fact that they are in the news means they are still out of the ordinary. So far, so good. But what about daily missteps or misdeeds? Do you do what is right even when no one is watching, or do you believe that "what goes TDY stays TDY?"

Many in the public we serve are fascinated by our talent and awed by our successes. But with that appreciation also comes attention. As I tell my sons, every action has a consequence. If nothing else, when you get home and look into a real mirror, will you be happy with what you see?

Can you look at that face and say you have no regrets from your time in the service? If the answer is

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### Gulf Defender Editorial Staff

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Tech. Sgt. Dan Neely .....	chief, internal information
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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil). Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

# Data link installation critical to fighters' future

CHRISTINE SULLIVAN  
325th Fighter Wing public affairs

Team Tyndall F-15 pilots experienced significant improvement in their precision capabilities after a new piece of technology was installed in their aircraft last month.

The new technology, called Link 16, is a Fighter Data Link system that provides improved situational awareness and sensor cueing in support of air superiority and interdiction missions.

The link, which will be installed in 54 Tyndall F-15s by May 2004, is part of a Department of Defense-wide initiative to improve joint and coalition force interoperability through battlefield aware-

ness.

"Link 16 is a secure, high-capacity, jam-resistant, tactical data link that will bring about a revolution in F-15 tactics," said Capt. Jason Hinds, 95th Fighter Squadron chief of weapons and tactics. "It's a quantum leap in capability.

The biggest advantage is that it dramatically in-



Tyndall's Eagles got a precision boost from a new data link system.

File photo

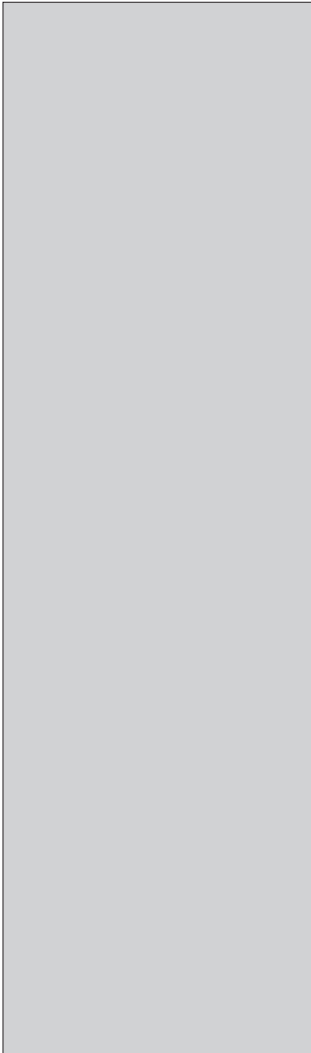
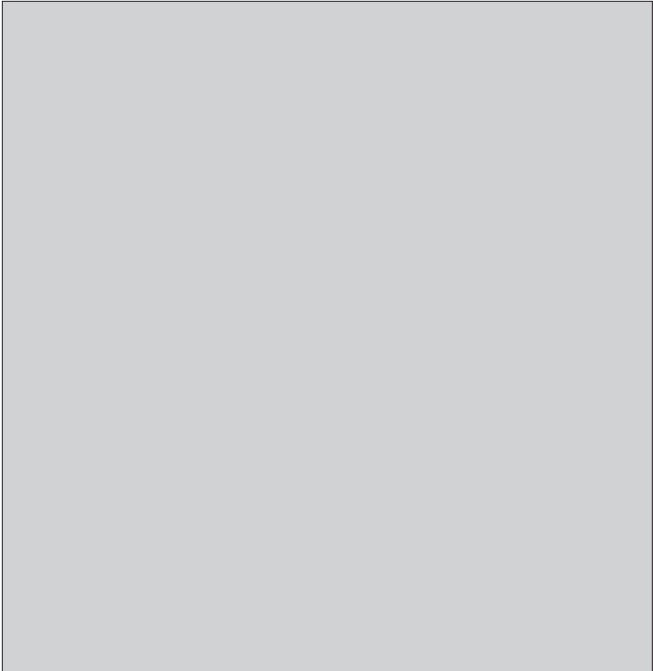
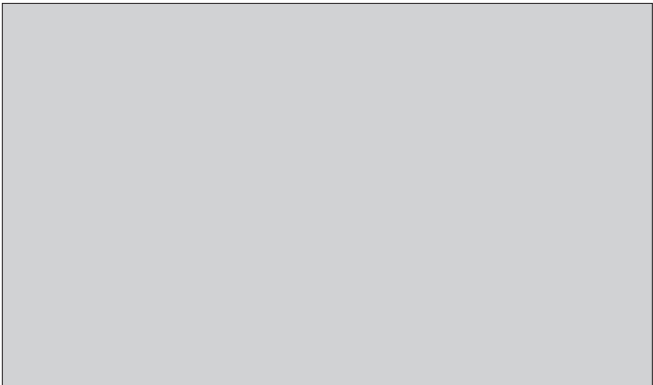
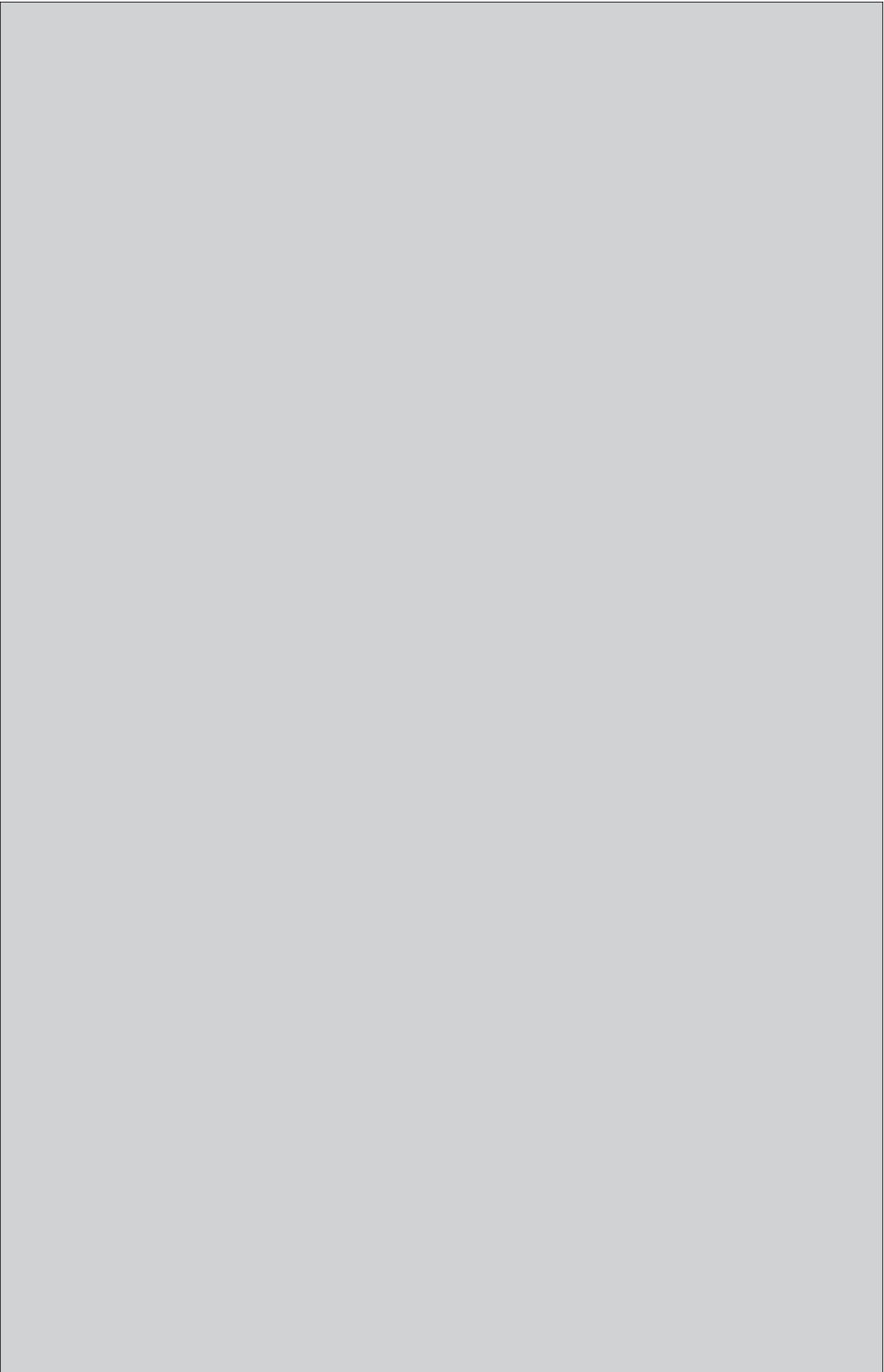
creases the pilot's situational awareness by providing a real time battlefield picture."

The device supports the exchange of pilot sensor contacts, and tasking and position data, encompassing surveillance, identification, air control, weapons engagement, coordination, and direction for Tyndall's fleet.

"It's equivalent to going from a compass and map to a global positioning system," said Maj. David Silva, 2nd Fighter Squadron assistant director of operations. The Link 16 data link system delivers critical information at a faster rate via a computer link, providing significant improvements in response time. This improves the warfighters' ability to successfully strike targets, such as convoys, mobile weapons and inhabited caves, and will work with Joint STARS and other intelligence-gathering assets to accomplish critical missions.

"Essentially, we have reached a point where you cannot be mission ready without Link 16," said Lt.

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# Tyndall hunting season opens Saturday

**JIM WESLOWSKI**  
325th Fighter Wing public affairs

While hunters clean and inspect their gear for the upcoming 2003-2004 Florida hunting season, Tyndall Natural Resources officials are making final preparations for their arrival. Archery-only season opens tomorrow; Muzzle loading will be open Nov. 21-23; and deer season will be open from Nov. 27-30 and reopen Dec. 20

“We have some changes to this years regulations that hunters need to be familiar with,” said Dr. Jack Mobley, a 325th Civil Engineer Squadron biologist. “Everyone entering Tyndall for the purpose of hunting must have in their possession a current base permit issued by my office.

“As of now, current security conditions will allow hunting in the East and West units. Also this year the flight line area will be open to all Department of Defense ID card hunters on weekends and holiday,” added Mobley. “The deer, hog and coyote populations have continued to grow on the operations side of the base. We decided to open more hunting days in this location to help reduce the chances of large animals on the runways. It’s a big safety issue with aircraft landing and taking off.”

To help meet requirements for new hunters to be licensed in the state and a requirement for the base permit, the natural resources staff will conduct a three-day Hunters’ Safety Course at the Tyndall Elementary School cafeteria Oct. 30 and Nov. 1 and 3. Hunters should register in advance at [www.myflorida.com/owa\\_hunter\\_ed/owa\\_hunter\\_ed\\_www.clsmap](http://www.myflorida.com/owa_hunter_ed/owa_hunter_ed_www.clsmap) or visit the natural resources office Mondays and Fridays from 8 a.m. - 2 p.m. and Tuesdays, Wednesdays and Thursdays from 11:30 a.m. - 4 p.m.

Hunters wanting to purchase permits or pick up a copy



www.myflorida.com

of the hunting regulations should enter the base through the Sabre Gate. If drivers do not have a base decal, they must stop at the visitor center for a pass. Proof of current insurance, driver’s license and vehicle registration will be needed.

“We expect a great season this year for our hunters,” said Dr. Mobley. “The large amount of rain this summer has helped to add a lot of forage for the deer to eat.”

Antlered deer must have a minimum of three antler points, minimum of one inch in length, except

in the flight line hunt area. Shotguns, muzzleloaders and bows are only authorized for hunting deer.

The base has more than 19,000 hunting acres, mostly wooded land surrounded by ocean beach. Large oaks and planted pine forest make up most of the hunting areas.

“Tree stands are limited to one stand per person,” said Dr. Mobley. “Metal objects will not be driven into trees. Secured stands must have the hunters name and hunt year annotated somewhere on the stands clearly visible from the ground and two bands of flagging tape 12-15 feet above the ground. Hunters using portable stands must flag the location with two bands of flagging tape 12-15 feet above the ground and one band of flagging tape with name and hunt year at eye level. These requirements are outlined in this years regulations.”

Hunter safety, security of Department of Defense resources and protection of endangered plants and animals will continue to be the key focus of the Tyndall Natural Resources division. Hunters with questions or violations to report can call 283-2641/2822.



# New advisor ready to help airmen

**TECH. SGT. DAN NEELY**  
325th Fighter Wing public affairs

Team Tyndall members will soon have another person to turn to for career direction and guidance with the appointment of a new advisor — the wing career assistance advisor.

The Air Force created 79 of the advisory positions, one for every wing in the Air Force, in an effort to increase retention rates, and help both officers and enlisted members make educated decisions about their careers. Master Sergeant Jeff Kahapea assumed the career assistance advisor position at Tyndall Wednesday. He replaces Chief Master Sgt. Ronnie Georgia who is retiring after 30 years of Air Force service. The retirement ceremony is



**Sergeant Kahapea**

1 p.m. Oct. 31 at the Tyndall flag pole.

The job enhances the supervisor's role, Sergeant Kahapea said. "One of my main jobs is going to be making sure the right information is getting into the right person's hands," he said. "While it's the supervisor's job to provide feedback to their troops, my job is to make sure super-

visors are giving that feedback properly.

It's important for a subordinate to know how they're doing and how to improve, but it's equally important for people to get feedback on what their career options are. A lot of the information is not out there at the lowest levels where it needs to be, so people are making uneducated decisions about reenlisting, retraining or going into the Guard or Reserves. It's my job to find out if people are being talked to about their options and ensure they're being properly mentored."

One of the main ways Sergeant Kahapea intends to assist supervisors in their role as mentors is by com-

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## Checkertail Salute

Steve Wallace

**Airman Trumbower is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.**

The Checkertail Clan salutes Airman Trumbower for her superb management of the medical affirmative claims program. She tripled deposits compared to the previous year, recouping more than \$4,600. She meticulously tracked subsistence filing for active-duty members hospitalized in civilian hospitals. She identified 65 cases to finance, recouping \$3,524 in legitimate debts.

**A1C Laura Trumbower**

**Duty title:** Medical affirmative claims clerk

**Unit:** 325th Medical Support Squadron

**Time on station:** 11 months

**Time in service:** Two years

**Hometown:** San Benito, Texas

**Hobbies:** Tennis, reading, spending time with family

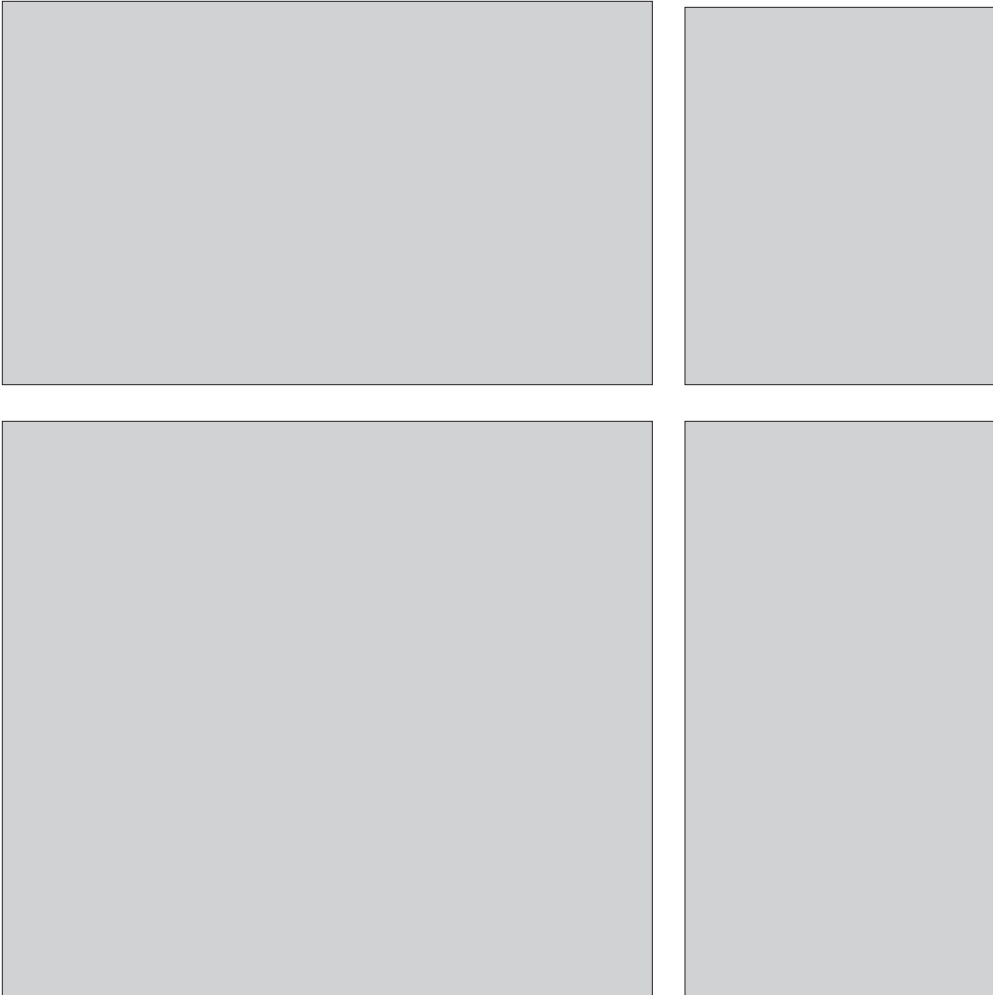
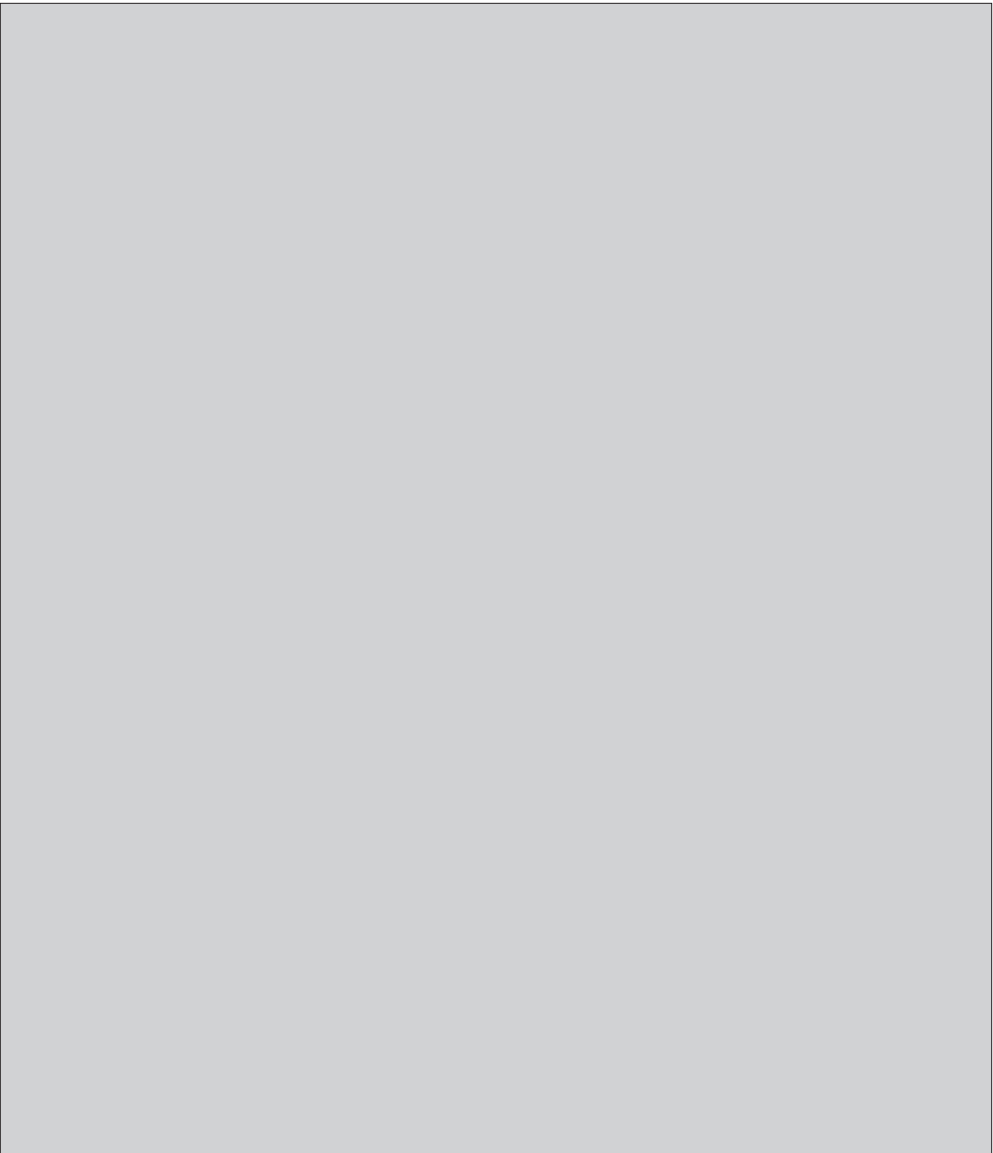
**Goals:** Achieve a bachelor's degree in respiratory care

**Favorite thing about Tyndall:** The beach; it reminds me of home

**Pet peeves:** People who smoke in restaurants

**Favorite movie:** "Rush Hour"

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.



# Expert offers tips on starting pre-test fitness program

**TADD STOUT**

325th Aeromedical Dental Squadron

The new Air Force Fitness Test is coming fast. A large number of folks are trying to put their best foot forward to get prepared. The best way to prepare is to participate in a consistent year-round exercise program. The fight to stay in shape will always be easier than the fight to get back into shape.

If you are starting an exercise program, it is important to make sure you are not putting yourself at risk, especially as you get older. People with certain medical conditions need to consult their physician prior to starting an exercise program.

Exercise, proper diet and smoking cessation are key measures within your personal control to decrease your cardiovascular risk factors. Consult your Health and Wellness Center for education and training on proper diet, fitness programs and smoking cessation classes. If you have concerns about your cardiovascular risk factors, consult a healthcare provider prior to starting an exercise program.

Here's how to get started. An appropriate exercise program should be balanced. It should consist of aerobic exercise, strength training, and stretching for flexibility. Aerobic exercises are continuous and use the large muscle groups (i.e., walking, jogging, cycling, stair-stepper, etc.).

Strength training is any exercise that forces your muscles to work against increasing amounts of resistance. Stretching is also a very important part of an exercise program. Lastly, it is important to warm up prior to starting each exercise session and cool down when you finish.

Aerobic exercise is the first category of exercise to get started on. When beginning an aerobic exercise program, the FIT principle provides excellent guidance.

"F" is for frequency or how many days per week you should exercise aerobically. You should strive for three to five sessions per week. Three times per week is an excellent starting point, but eventually to see more improvement, you need to increase your aerobic activity to four or five times per week (progression should

be gradual, do not try to improve too fast).

"I" is for intensity or how hard you should work while exercising. One easy method for determining intensity is called the "Talk Test." While exercising you should be able to talk, but it should be slightly more difficult than at rest. If it is too difficult to talk while exercising you need to slow down and exercise at an easier pace.

"T" is for time or how long each exercise session should last. Ideally you want to exercise aerobically for 30-45 minutes total. This time does not have to be done on one specific exercise but can be divided into two or more depending on your workout. Building up to these 30-45-minute exercise sessions should be gradual. Start at a comfortable length of time (maybe as little as 10-15 min) and increase slowly; maybe two to three minutes per week.

When increases are made in your exercise program it is important not to over do it. Ideally you would only make small increases in one of the three areas per week (Frequency,

intensity or time). Time is the first area to seek improvement in; start by adding two to three minutes of exercise time to your sessions each week until you reach the desired 30-45 minutes. Once your exercise time meets the 30-45-minute goal, then you can make adjustments to your frequency and intensity of exercise.

## Tips:

If you have concerns about your health, contact your physician before you start exercising.

Start slow and progress gradually.

Stay well-hydrated; drink plenty of water.

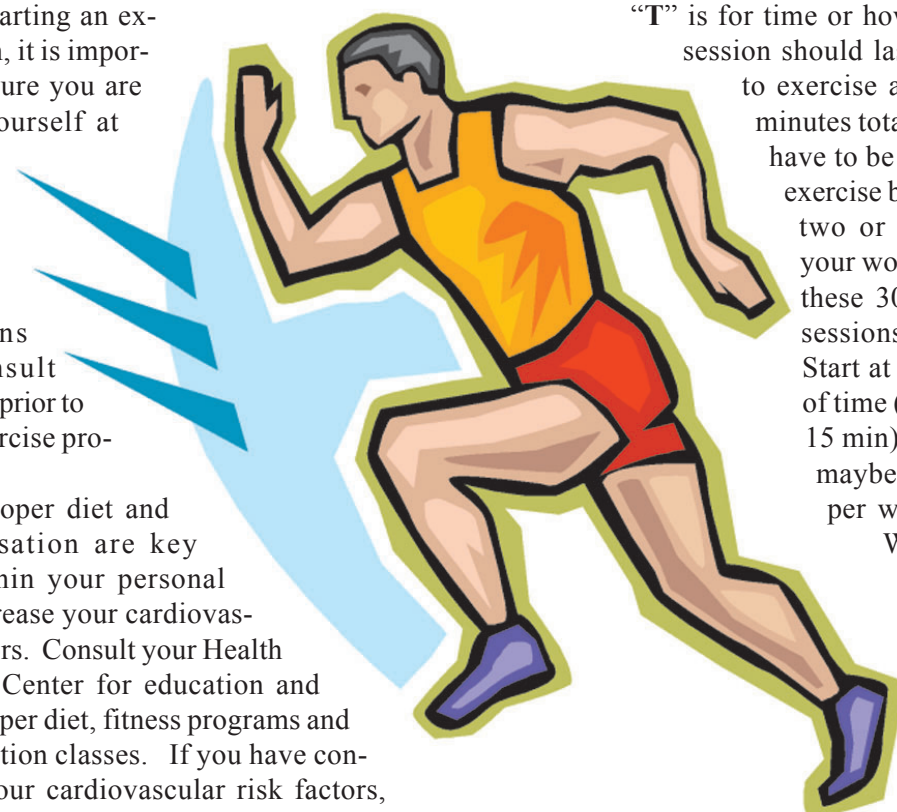
Get a workout partner.

Try to find exercises you enjoy as the core of your program.

Always warm-up and stretch prior to starting exercise and cool-down and stretch when complete.

For any questions about starting an exercise program contact the health and wellness center at 283-3826 or the base fitness center at 283-2631.

*(Mr. Stout is an exercise physiologist)*



# School Bus Safety

## Awareness campaign aims to prevent accidents

**TECH. SGT. CHRISTOPHER HAISTEN**  
325th Fighter Wing safety

*(Editor's note: National School Bus Safety Week is Monday through Oct. 25. In observance of this campaign the 325th Fighter Wing Ground Safety office encourages everyone to follow the following school bus safety tips)*

If you're a parent, you probably watch your child get on and off the school bus every day; but is the school bus a safe method of transportation?

School bus transportation is proven safe and is often safer than cars. However, accidents can and do happen. Last year, about 26 students were killed in bus-related incidents and another 9,000 were injured.

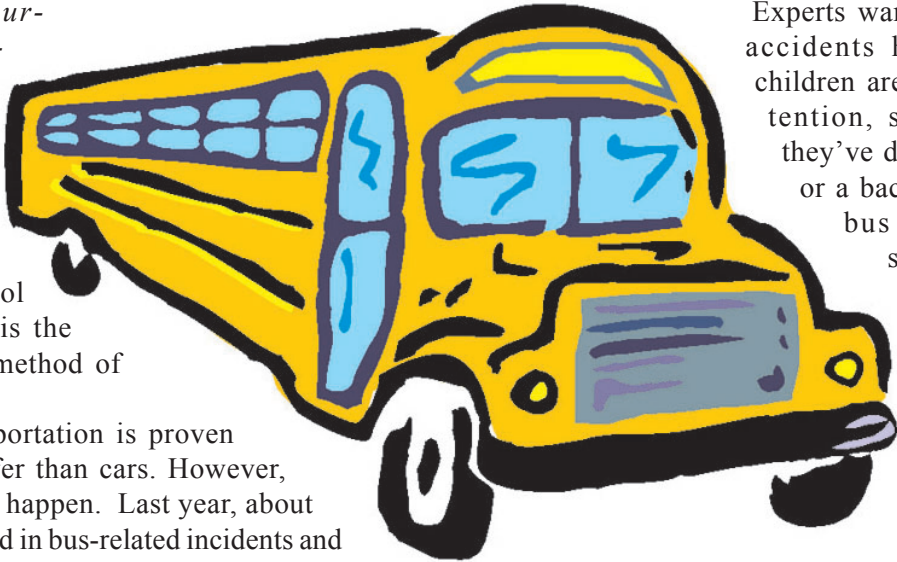
So what's to blame? The most serious injuries from bus-related accidents occur when children are too close to the bus and the driver is unable to see them, because the sides of the bus are very high.

Parents should teach their children that when they get off the bus they need to take five long steps away

from the bus and be aware of the bus's "no zone." The "no zone" is a 10-foot area around the bus. That means for 10 feet around the bus the driver cannot see anybody there and he can't see anything going on as well.

Experts warn that usually accidents happen when children aren't paying attention, such as when they've dropped a book or a backpack and the bus driver loses sight of them. Experts also say if a child should drop something while exiting the bus they should never just bend over and pick it up. The child needs to do one of two things: Take five giant steps away from the bus, wait for the bus to leave and get help to retrieve whatever they dropped.

They could also try to make eye contact with the driver and let them know and item needs to be picked up to avoid a potential accident.



- ### Tips for students:
- ❑ When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street.
  - ❑ Wait until the bus stops, the door opens and the driver says that it's OK before boarding the bus.
  - ❑ If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least 10 feet ahead of the bus before you cross. Be sure the bus driver can see you, and you can see the bus driver. Never walk behind the bus.

- ### Tips for motorists:
- ❑ Slow down. Watch for children near bus stops or walking in the street, especially if there are no sidewalks in the neighborhood.
  - ❑ Be alert. Children arriving late for the bus may dart into the street with out looking for traffic.
  - ❑ Learn the flashing signal light system school bus drivers use to alert motorists of pending actions:
    - **Yellow flashing lights:** the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop.
    - **Red flashing lights** and extended bus stop arms indicate that the bus has stopped, and that children are entering or exiting the bus. Motorists must stop until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before proceeding.





Senior Airman Brandon Ponce (left) and Airman 1st Class Joshua Wesselman, 325th Security Forces Squadron, stand their posts in front of “Raptor 18.”

● FROM RAPTOR PAGE 1

tion partners, freedom from air attack, freedom to attack, and a safe return home.”

Brig.Gen. Larry New, 325th FW commander, highlighted the role the command and 325th FW will have in fielding this weapon system to the combat air force.

“It is only fitting this aircraft, the first operational F/A-22, be delivered to Air Education and Training Command—the Air Force’s first command, and the 325th Fighter Wing, a team of professionals whose responsibility it is to provide our nation’s Air Force with trained warriors,” said General New. “At Tyndall, we built the foundation for the world’s only air dominance school—the infrastructure and training programs to provide America unmatched combat capability well into the future.

Tyndall is slated to receive 50 F/A-22 Raptors over the next several years. The base will receive about one a month until it receives its first lot of aircraft—23 Raptors. While the initial cadre of six instructor pilots is already in place, training of pilots at Tyndall is expected to begin early next year.



Tyndall honor guard members advance the colors to officially open the Raptor arrival ceremony.



Brig. Gen. Larry New, 325th Fighter Wing commander, and Dain Hancock, president of Lockheed Martin Aeronautical Division, unveil a painting by Price Randal, a Lockheed artist, that was presented to Tyndall Air Force Base.



Gen. Don Cook, Air Education and Training Command commander, hails the Raptor’s arrival.



Hundreds of Team Tyndall members fill the bleachers inside the brand new Raptor hangar here.



# Missions in focus

## LASIK now available for airmen

**MASTER SGT. RICHARD B. SEARLES**  
Air Force Surgeon General Public Affairs

**BOLLING AIR FORCE BASE, D.C. (AFPN)** — The Air Force's "warfighter" corneal refractive surgery program expanded its services to include laser-in-situ-keratomileusis, or LASIK, for qualified people at its centers.

Gen. T. Michael Moseley, Air Force vice chief of staff, approved a memorandum written by Lt. Gen. George Taylor Jr., Air Force surgeon general, announcing the immediate start of the expanded program.

LASIK and photorefractive keratectomy, a similar surgery already being performed at the centers, are Food and Drug Administration-approved elective procedures designed to reduce the need for corrective lenses.

"(Because) glasses and contact lenses may be an operational disadvantage, PRK or LASIK may be performed to enhance performance and safety, and increase the readiness of warfighters by eliminating the need for glasses or contact lenses," said Col. David Rhodes, chief physical standards at the Air Force Medical Support Agency. LASIK will be offered to airmen who are not considered aviation and special-duty personnel.

"Aviation and special-duty personnel will continue to be covered under a separate surgeon general policy and are currently restricted from undergoing LASIK due to concerns regarding the stability of the corneal flap created during this procedure," said Rhodes. "Selected special-duty personnel whose duties are not performed while flying, however, will be eligible for LASIK."

"There are general concerns with corneal-flap-related complications of LASIK that go beyond routine clinical issues that are specific to the aviation and operational environment," said Rhodes. "There is no corneal flap created with PRK. For this reason, PRK remains the preferred procedure, and expectations are that it will continue to be performed in much greater numbers at the (Warfighter Refractive Surgery Center)."

Any person electing to have LASIK performed should be aware of the potential for complications associated with the corneal flap that are not associated with PRK. Rhodes said that although an individual is currently in a career field that is qualified for LASIK, having the procedure would make him or her ineligible to later train into most aviation fields under current policy.

Though either surgery may be operationally beneficial for some people, it is an elective procedure. There is no requirement for any airman to obtain either LASIK or PRK. Eligible people may undergo either procedure at any operational refractive surgery center. "Wilford Hall Medical Center and the U.S. Air Force Academy's center currently have the resources to do LASIK and PRK," said Rhodes. "The other centers currently perform PRK and will offer LASIK as soon as resources permit."

Other centers are located at Travis Air Force Base, Calif.; Keesler AFB, Miss.; and Wright-Patterson AFB, Ohio.

Because of the expected high demand for this procedure, patients are assigned an operational priority based on mission requirement. They can have either LASIK or PRK depending on the center capability, the opinion of the surgeon, and patient eligibility based on Air Force specialty code. "The individual's squadron commander must certify the prioritization category," Rhodes said.

Rhodes said the commander should consider mission impact when granting permissive temporary duty for these surgical procedures because the patient will not be allowed to deploy for a period of time resulting in temporary duty limitations."

The corneal refractive surgery program was initiated in late 2001 with PRK. Since the program began, more than 6,000 airmen have had the surgery.

Airmen seeking more information on the procedures should contact their installation eye-care professional.

## Re-enlistments

*The following Team Tyndall members re-enlisted in September*

Senior Airman Mario Ayalazuniga, 325th Communications Squadron  
Tech. Sgt. Terrence Barth, 325th Aircraft Maintenance Squadron  
Tech. Sgt. William Bauer, 82nd Aerial Targets Squadron  
Master Sgt. Frank Bessette, 325th AMXS  
Staff Sgt. Donna Brattain, 325th CS  
Master Sgt. Darell Brewer, 325th AMXS  
Master Sgt. Rodger Brown, HQ AFCESA  
Staff Sgt. Amy Brunelle, 325th Operations Support Squadron  
Tech. Sgt. Larry Caldwell, 325th Maintenance Group  
Senior Master Sgt. Alfred Casale, HQ AFCESA  
Staff Sgt. Kevin Cordell, 325th ACS  
Senior Airman Samantha Crim, 325th ACS  
Senior Master Sgt. James Faulkner, HQ AFCESA  
Staff Sgt. William Gazzaway, 325th CS  
Senior Airman Nicholas Goettsche, 81st Test Support Squadron  
Senior Airman Daniel Griffin, 325th MXS  
Master Sgt. Edward Harvischak, 325th AMXS  
Master Sgt. Glenn Hoflund, 83rd Fighter Weapons Squadron  
Senior Airman Joshua Jamison, 325th Civil Engineer Squadron  
Senior Airman Jyra Madden, 325th MXS  
Senior Airman Angela McKnight, 325th Medical Support Squadron  
Master Sgt. Daniel Morgan, 325th AMXS  
Tech. Sgt. Kim Nusbaum, Det. 6, 67th IOG  
Tech. Sgt. Robert O'Connor, 325th CS  
Staff Sgt. Richard Outenreath, 325th AMXS  
Tech. Sgt. Dianna Peace, 325th Fighter Wing/JA  
Staff Sgt. Toby Pelkey, 2nd FS  
Master Sgt. Edward Penton, 325th ACS  
Staff Sgt. Jeffrey Peterson, 325th AMXS/95th AMU  
Master Sgt. Jose Pineda, 325th AMXS  
Tech. Sgt. Pernell Roberts, 53rd WEG  
Staff Sgt. Jeffrey Robison, 325th AMXS/95th AMU  
Staff Sgt. Patrick Smeed, 325th AMXS/1st AMU  
Tech. Sgt. Kerry Springer, 95th FS  
Tech. Sgt. Don Tennyson, 325th AMXS  
Master Sgt. Vincent Thomas, HQ AFCESA  
Master Sgt. Jimmy Wills, HQ AFCESA  
Staff Sgt. Dee Yates, 325th ACS

### ● FROM TRIO PAGE 2

yes, I say thank you and I will continue to try to live up to your mark. If the answer is already "no," don't despair. Forgiveness is a wonderful thing for which I'm grateful. Start watching out for others and thinking of the consequences before you act or you let your wingman do something. Commitment to doing what is right on the job and in your personal life will ensure we get home safely and with our heads held high.

We are part of the greatest Air Force ever assembled, and that is because of our collective strengths. Airmen have made the right choices and the tough calls for decades to allow us to succeed while taking this fight to cowardly terrorists. Now it is our turn, and I am convinced we are succeeding every day as I watch airmen come together to accomplish the mission. Whether the task is large or small, we usually do it well.

Stand tall, walk proud, and do what is right. You will have no regrets and good stories to tell of hard work, great achievements, fun times and new friends.

# Skeet, trap range offers great values

**AIRMAN SARAH McDOWELL**  
325th Fighter Wing public affairs

Want to try a new sport that is fun, requires skill and can also be an outlet from a stressful week?

Skeet is a clay target game invented in 1920 by a group of game hunters in Andover, Mass. It was designed as a means to improve game bird shooting. Now Skeet, Scandinavian word for shoot, has evolved into much more. It has become a competitive sport that appeals to all age groups, according to the National Skeet Shooting Association.

The game of skeet is typically played when five shooters stand at stations arranged around a semi-circle, and clay targets are shot from both a low house, which is three feet above the ground, and a high house, which is 10 feet above the ground, according to the NSSA.

At the Tyndall Air Force Base Skeet and Trap Range there are three types of shooting games offered to active duty military, retirees, Department of Defense and contractor employees and their guests.

"The skeet range was built by volunteers in the late '80s," said Wendy Poppell, 325th Services Squadron Skeet Range manager. "The majority of the people that built it were retirees. Today the range is run by retirees who are volunteering, and they come from as far away as Fort Walton," she said.

The first game offered is Skeet, which is played in an eight-position range around a half-circle. The targets cross from a low



Photos by Airman Sarah McDowell

**Jerry Webb, a Marine Corps retiree, shoots a game of trap from his wheelchair at the Tyndall skeet and trap range.**

and high house and can also be thrown singly.

Another game, Trap, is a five-position sport shot in a straight line. During this game, five shots are taken from each position and the targets are thrown away from the shooter by a single-target oscillating machine that ensures unpredictability of the target's angle.

The last type of game is the five-stand or sporting clay, which is a five-position sport shot out of five cages. This game simulates hunting and sportsman situations and is played at three different levels.

During these games, the shooter has 25 clay tar-

gets to shoot.

"If somebody gets a perfect score of 25 out of 25 targets they get to throw up their hat, and everyone shoots it in celebration," Mrs. Poppell said. Then the hat will be displayed in the Skeet and Trap range facility for all to see.

The range on base offers monthly tournaments, squadron league shoots upon request and special holiday shoots with prizes.

In addition, the range offers registered shoots through the NSSA and the National Firearms Association with the requirements projected by these associations. These shoots are held regularly

for both skeet and trap.

Plus, for those just considering skeet and trap as a new hobby, the range has shotguns for rent. Before anyone can participate in this sport on base they must go through a safety orientation that includes watching a video and receiving instruction from the staff. The newcomer will sign a form upon completion of the safety training and receive a safety card and login book.

Along with all the safety equipment available the range also offers clay targets and 12-gauge and 20-gauge ammunition.

Overall, the range offers an interesting sport that requires both skill and precision.

For more information call 283-3855.

**Bottom: Phil Bradley, an Air Force retiree, hits a clay target while playing a game of trap at the Base Skeet and Trap range. The range on base is open every Saturday from 11 a.m. to 3 p.m. and offers guns and equipment for rent.**



**Left: Inset photo of a successfully shot clay target in mid-air.**





# Berg-Liles offers birthday bash, meal

STEVE RIDDLE  
325th Services Squadron publicist

Steak, lobster tail, shrimp – and it’s all free. Anyone who doesn’t relish military food has never heard of the Berg-Liles Dining Facility’s birthday meals.

The Berg-Liles facility will hold their next birthday meal beginning at 5 p.m. Oct. 29.

Reservations for the meal are required, and will be accepted until Wednesday.

For military personnel with the subsistence-in-kind card, there will be no charge.

Their guests, however, will have to pay for their meal.

“All the military are invited, and they can bring a guest too,” explained Staff Sgt. Janice Craven, food services specialist. “For the SIK holders, the meal is free. Cash customers will pay around \$15, depending on which entrees they choose.”

Along with the rib eye steak and lobster tail entrees, Craven said there would be fried shrimp, shrimp cocktail, plenty of side dishes, and cake and ice cream.

“We order everything just two days before the meal, and cook everything that day,” she said.

The birthday meals happen every April and October at Berg-Liles. However, the upcoming meal is expected to be a bigger event than in years past.

“This should be the best Birthday Meal ever,” said 2nd Lt. Craig McMahon, food services officer, Berg-Liles.

“Our people have really put a lot of work into it.”

And when Lieutenant McMahon said work, he didn’t mean only cooking over a hot stove.

This birthday meal will also include several contests, and the facility has secured a variety of prizes to be given away during the event.

Lieutenant McMahon said a four-day, three-night stay at an Orlando hotel was just one of the prizes.

Another Orlando trip is a three-night, two-day stay. Several other prizes come from base facilities.

“We have a distinguished visitor room as a prize from lodging (Sand Dollar Inn),” Mr. Craven said.

“There’s also a base tour in an airplane from the Aero Club, a free boat rental from Bonita Bay, and a \$25 commissary gift certificate.”

Mr. Craven said all the different contests would give everyone a chance at the different prizes.

“We’re going to have a costume contest, an oldest-at-the-party contest, lots of things like that,” Mr. Craven explained. “It’s more like a party for airmen to have fun.”

While the airmen are having fun, it’s the folks in charge who will be doing the work.

“It’s the first shirts and commanders who are going to be serving the dinner,” Mr. Craven said.

According to Lieutenant McMahon, having members of the base leadership serving the meal is a great way to symbolize why Berg-Liles holds this semi-annual event.

“It’s an opportunity for the first sergeants, chiefs, and commanders to say thanks for all you do, and to try to make (military) life as good as possible,” Lieutenant McMahon said.

For more information or to make reservations for the birthday meal contact the Berg-Liles Dining Facility at 283-2239.

Reservations can also be made through squadron first sergeants or at the dining facility.

● FROM LINK PAGE 3  
Col. Patrick Huber, 325th Operations Group Fighter Data Link beddown manager. “(Installing this link in Tyndall F-15s) means students at Tyndall will be better trained and more capable when they arrive at their operational units,” said Colonel Huber.

The sharing of messages by air and ground forces will inevitably reduce dual targeting and monies spent on additional weapons. The broadcast of status and location messages also enables associated members and command control facilities to monitor the progress of a mission.

“Tasks that previously required a high degree of effort can now be accomplished much more easily and accurately,” said Colonel Huber. “The results prove we can be more lethal while sustaining fewer losses during combat or training missions.”

Most Air Force F-15s, F-15Es, AWACS and Joint Stars will eventually be fit with this new link, as well as ground force components. At Tyndall, a total of eighteen aircraft in each F-15 squadron will receive the new data link.

“Current plans are to modify one to two aircraft a week depending on aircraft availability and various other maintenance factors,” said Colonel Huber. “The maintenance group has done a great job assembling an FDL team to perform these modifications.”

“Lots of people are involved to make this project a huge success here,” Colonel Huber added. “As Team Tyndall pilots, we are thrilled to be getting this capability and are looking forward to providing world class training to our students taking full advantage of the data link’s capabilities.”

If you think you have a problem with alcohol, call 283-7511. There is an on-base solution.



There's only one way to come out ahead of the pack.

QUIT

American Heart Association  
WE'RE FIGHTING FOR YOUR LIFE

**Your link  
to what's going on**

# Gulf Guide

**in the  
Tyndall community**

## OCTOBER

**FRI**  
**17**

### Top Three Meeting

The next Tyndall Top 3 meeting will be held today at 3 p.m. in the Classics Lounge at the Enlisted Club.

**MON**  
**20**

### Water Main flush

The 325th Civil Engineer Squadron Utility Maintenance personnel will be flushing fire hydrants on the Tyndall flightline and main base 7:30 a.m. to 3:30 p.m. Monday-Friday. Occupants may experience discolored water during this period and for several days afterward. For more information, call the civil engineer customer service office at 283-4949.

## NOTES

### Metallic name tag to be mandatory

Personnel officials recently announced that the new metallic name tag, which has been available for purchase since November, will be mandatory on the service dress uniform and pullover sweaters Jan. 1, 2004.

The tags will be issued to enlisted airmen by their organizations. Officers must purchase their own name tags. For more information, contact the local commander's support staff.

### Legal office services

The Tyndall Legal Office offers powers of attorney and notary services 7:30 a.m. to 4:30 p.m. Mondays, Wednesdays and Fridays and 8:30 a.m. to 4:30 p.m. Tuesdays and Thursdays.

Powers of attorney may be used for almost any situation. These documents give power to a person you designate to do something in your name, such as buying or selling a house or automobile and managing a savings or checking account. General POAs give a designee full power to do basically anything in your name, while special POAs are for a specific purpose.

For this reason, and due to the fact that many businesses will not accept general powers of attorney, the

legal office usually recommends special powers of attorney instead. For more information, call the legal office, 283-4681.

### myPay service

The myPay service, an online program that provides a secure way to manage pay account information, is open to all active-duty, Guard and Reserve airmen, civilian employees, retirees and other beneficiaries.

With myPay, users can view, print or save Leave and Earning Statements or elect to turn off receiving a paper LES; view and print tax statements; change federal and state tax withholdings; update bank account and electronic fund transfer information; make address changes; and enroll or update Thrift Savings Plan information. Customers can elect to turn off the print copy of their LES and check it online.

The Defense Department saves up to 34 cents for each LES that is delivered electronically instead of in hard copy. The "Need a New PIN" option is now available to non-appropriated fund civilian employees. To access the myPay online service or set up a new account, go to <https://mypay.dfas.mil/mypay.asp>.

### Military equal opportunity information

The military equal opportunity office provides human relations education to any organization, work center or individual upon request. Representatives are available to brief at commander's calls and flight meetings, and specialize in identifying ways to prevent sexual harassment and unlawful discrimination. The most recent edition of "Utopia Minutes," the MEO office newsletter is available upon request. For more information, call Capt. Benita Arceneaux, 283-2739.

### AADD program

The Airmen Against Drunk Driving program is designed to provide military members with a free, safe ride home within the local area. The AADD phone line is staffed with E1-E4 volunteers who can be reached by calling 867-2233. This program is available to all ranks who have a valid military identification card. AADD stresses complete anonymity to ease fear of retribution.

For more information, call SrA. Vesta Anderson at 283-4253.

## RETIREE NEWS

### Government grave marker requests made easier

The Department of Veterans Affairs has revised its application form to make requesting a VA grave marker easier. The new form, Application For Standard Government Headstone or Marker (VA Form 40-1330), includes updated information about changes that expand eligibility for a government marker.

The new form and instruction sheets also permit better communication between VA and veterans' families, according to VA officials.

For deaths on or after Sept. 11, 2001, Public Laws 107-103 and 107-330 made government markers available for use on veterans' graves that were already marked with privately furnished headstones or markers. Previous law prevented VA from furnishing markers when a grave was already marked.

In January 2002, VA introduced a toll-free fax service for submitting applications. This service is available 24 hours a day, seven days a week, as an alternative to regular mail. Instructions, as well as the fax number, 1-800-455-7143, are on the VA website at [www.cem.va.gov](http://www.cem.va.gov). The application form on the website can be filled in and printed for submitting by mail or fax. Questions about a headstone or marker application can be directed to VA's Memorial Programs Service Applicant Assistance Unit at 1-800-697-6947.

VA handles more than 1,000 requests daily for veterans' markers. Last year, more than 348,000 headstones and markers were furnished for veterans' graves worldwide, generally within 60 days of VA receiving the application.

### Toll free number available for Combat Related Special Compensation (CRSC) questions

The Air Force Personnel Center at Randolph AFB has called on its Contact Center staff to assist Air Force retirees who have questions on the CRSC program.

Retirees outside the San Antonio area may call toll free 1 (866) 229-7074. The DSN number for those with access to the military line is 665-5000.

Retirees with computers and with Internet capability should download the form along with the application procedures from the web site: [www.dmdc.osd.mil/crsc/](http://www.dmdc.osd.mil/crsc/)

*(From AFRetire news release)*

## CHAPEL SCHEDULE

The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday; Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday. Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; religious education classes, 9:30-10:30 a.m. in Building 1476; general Protestant service, 11 a.m., Chapel 2.



# Fall Festival brings families fun

STEVE RIDDLE  
325th Services Squadron publicist

Children and parents alike will be able to celebrate the fall season next Friday at the seventh annual Tyndall Fall Festival.

The event will be 6-9 p.m. Oct. 24 at the Tyndall Youth Center. The festival features a variety of games and door prizes, according to Alma Hooks, youth center director.

"We're having the climbing wall, the bouncy castle, and carnival games," Ms. Hooks said. Carnival games will include the dart throw, ring toss, basketball shoot, and putt - putt golf.

Ms.Hooks said last year's attendance topped 300, but they expect to have even more for this year's event.

"We're hoping for over 500 this year," she said.

One feature that should get more parents to bring the kids will be a different system of paying.

At last year's event, parents had to buy tickets for their children to participate in games. The more kids wanted to play, the more tickets their parents had to buy.

This year, parents can purchase an armband for \$5 that allows children to play as many games as they want, bounce in the bouncy castle as much as they want, and rappel on the

climbing wall until they're too tired to do it again.

"Last year some of the parents said it got to be kind of an expensive event for them," Ms. Hooks explained. "We don't want it to be too expensive for them, so we decided on the armbands for this year.

A Halloween costume contest is also planned, and Ms.Hooks said there would be plenty of prizes, including a couple of CD players, for all children to have a chance at winning.

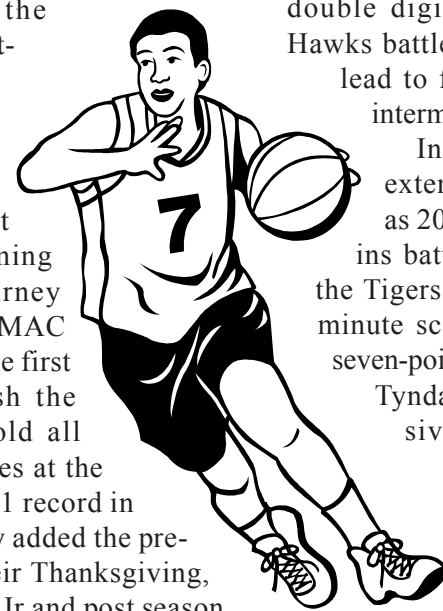
The next youth center event will be the annual Pancake Breakfast with Santa Dec. 6.

For more information on these or other youth center programs, call 283-4366.

# Tigers roar as SEMAC pre-season champs

WILLIAM SHARPE  
Sports contributor

The Tyndall Tigers Men's Varsity basketball team kicked off their 2003-04 season by taking the gold at the Southeastern Military Athletic Conference Pre-Season Basketball Tournament held at Robins AFB Ga., last weekend. By winning the pre-season tourney the Tigers made SEMAC history as they are the first team to accomplish the "grand slam"— hold all four tournament titles at the same time, and a 14-1 record in tourney play, as they added the pre-season trophy to their Thanksgiving, Martin Luther King Jr and post season titles.



the winner advancing to the championship game. The Tigers faced the host Hawks from Robins.

The Tigers jumped out to an early double digit lead only to see the Hawks battle back to trim Tyndall's lead to four points 49-45 at the intermission.

In the second half Tyndall extended its lead to as many as 20 points, only to see Robins battle all the way back, as the Tigers suffered from an eight-minute scoring drought to take a seven-point lead.

Tyndall stepped up its defensive pressure and retook control of the game and hung on for the hard-fought victory

Tyndall 92, Robins

74

Robins defeated Eglin to advance from the losers bracket to face Tyndall in the championship game.

Tyndall jumped out to a 24-2 lead only to see Robins battle back to close the margin to 7 points 46-39 at the half.

In the second half the Tigers offensive and defensive intensity returned as they extended their lead to as many as 31 points and cruised to the victory over an overmatched Hawks squad.

Tyndall's Elvin Walker was voted tourney most valuable player. He was joined on the All-Tournament team by Clarence Anderson (Moody), Cory Fletcher (Eglin), Keith Ward and Josiah Simien (Robins) and teammates Tarrance Garner and Scott Moore (Tyndall).

Tyndall will host Robins this weekend as the Tigers kick-off their home schedule. Game times are 3 p.m. Saturday and noon Sunday.

## Tyndall 83, Keesler 74 (OT)

In their first game versus the Dragons, the Tigers trailed at the half 34-30, but jumped out to a double digit lead in the second half only to see Keesler fight back to force overtime 70-70. Tyndall outscored Keesler 13-4 in the extra stanza to gain their first win of the season.

## Tyndall 85, Maxwell 67

In their second game of the tournament, the Tigers faced the Warriors from Maxwell AFB, Ala. The Tigers ran to a 43-31 lead at the intermission and steadily increased their lead in the second half, despite substituting liberally as the Tigers squad took the victory going away.

## Tyndall 97, Robins 92

The Tigers' third game of the tourney, pitted the last two unbeaten teams with

## Intramural Flag Football Standings As of Oct. 14

### American

	W	L
1. TS.....	7	0
2. CES.....	5	0
3. COMM.....	4	1
4. OSS.....	4	2
5. WEG.....	4	3
6. SVS.....	2	4
7. 1 AMU.....	2	4
8. 95 AMU.....	1	4
9. CONS.....	1	5

### National

	W	L
1. MXS.....	6	0
2. SFS.....	6	1
3. ACS.....	5	1
4. 83 FWS.....	3	3
5. 2 AMU.....	3	4
6. MSS.....	3	4
7. COMM 2.....	2	4
8. MDG.....	2	4
9. SEADS.....	2	2



Photo by Steve Riddle

**AFCESA intramural golf team member Judson Englett putts at hole No. 2 of Pelican Point Golf Course during the 2003 intramural golf championship Tuesday. Englett and fellow teammates Allen Stailey, Tom Seaman and Jimmy Podolske represented the AFCESA team in the championship round, beating out the CE squadron intramural players to claim this year's championship trophy. The next intramural sports leagues will be basketball and Over 30 basketball. Both will begin mid-November. The 5-on-5 soccer league begins in December**

## CFC golf tourney

The Combined Federal Campaign season is here again and to make things more interesting and fun, there is a golf tournament at the base golf course Oct. 23. The game starts at noon and the cost is \$45 for non-members and \$35 for members. The fee includes sub sandwiches, potato salad, baked beans, chips and tea. This tournament is open to Tyndall personnel only. There will be prizes for closest to the pin and long drive. This is a great way for everyone to play golf and donate money for a good cause at the same time.



# Funshine NEWS



October 17, 2003

**All Ranks Lunch**  
at the  
**Officers' Club**

**Mon.-Thurs.: \$6.95 ■ Friday: \$7.95**  
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar, fountain soda, tea & coffee!

**Includes Fresh, Hot, Carved Meat Sandwiches on Kaiser Roll**

<b>Monday</b>	Chef's Choice
<b>Tuesday</b>	Italian
<b>Wednesday</b>	Oriental
<b>Thursday</b>	All American
<b>Friday</b>	Seafood

\*Members, show your club card to receive a \$1 discount!

**On Base Food Delivery**

■ **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.  
Limited to office deliveries (i.e. squadron addresses)

■ **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

**Subs & Pizzas**  
**286-2900**

**All Member Services**  
are provided at the **Officers' Club Business Office**  
9 a.m.-3 p.m., Mon. - Fri.

- Membership Inquiries
- Account Maintenance
- Club Card Payments
- Birthday Voucher
- Catering Arrangements
- Transfers
- Sign-ups
- Check Cashing

**Members Forst**  
UNITED STATES AIR FORCE CLUBS

**The Heat is On!**

Attention O' & E' Personnel  
Join your Tyndall AF Club by Oct. 31 for a chance to win a Sunsational Services Card good for free services: Greens Fees at Pelican Point Golf Course, Open Bowling at Raptor Lanes & a Swim Pass for the base pool (2004 season). Some restrictions apply.

**Please stop by the O' Club business office for more information.**

Tyndall AF Clubs present:

## Travel the World On Us

A membership recruitment & recognition program designed to "take you away".

**Promotion ends October 31.**

More than 140 people Air Force wide will win travel related prizes valued from \$500 to \$5,000 just for signing up. The drive is open to all eligible non-members. (active duty, reserve, DoD civilians and retirees)

A set of prizes will also be offered to current club members, who are automatically entered to win.

**Membership applications are available at the club.**



**Youth Center**

☎ 283-4366

**Start Smart Basketball**

Is your 3-5 year old ready for basketball? Sign up for Start Smart Basketball and work with your child developing basic skills. Program runs Oct. 25, Nov. 1, 8, and 15, 9 a.m. \$30.

**Youth Surf Classes**

Saturday afternoons 12-4 p.m. open to youth ages 10 yrs. and up. Cost is \$35.

**Start Smart Baseball**

Is your 3-5 year old ready to play baseball? Sign up for Start Smart Baseball and work with your child developing basic skills. Program runs Oct. 21, 28, Nov. 4 and 11 at 11 a.m. Cost is \$30.

**Football Frenzy**

Each visit to the CAC Pizza Pub is your chance to win a pro game trip!

Enjoy a large, 1 topping pizza and a pitcher of Miller Lite for \$8.50 every Sunday.

 Sponsored in part by:  

No federal endorsement of sponsors intended.

**283-3222**

**Berg Liles**

☎ 283-2239

**Birthday Meal**

This birthday meal is FREE for SIK customers whose birthday occurred between May and October 2003. Participants may bring one guest for a cost of \$15.

**Teen Center**

☎ 283-0295

**Red Ribbon Week**

Oct. 20-25. Create your own unique poster about drug and alcohol awareness. Posters will be created week of Oct. 14-18. A prize will be given for the best entry.

**YES Program Meeting**

Oct. 23. Receive job employment tips and an update on completed volunteer hours. Ask questions about the program. New applicants welcome.

**Family Child Care**

☎ 283-2266

**Help Wanted**

Currently there is a need for FCC spaces for infants and toddlers. Contact the FCC office for more information on how to become a licensed provider.

**Provider Training Classes**

New provider training classes are scheduled to begin the last week of October. Contact the FCC office to schedule your orientation prior to the beginning of training.

**Skills Development Ctr.**

☎ 283-4511

**Basic Knitting Classes**

Classes are suitable for both adults and youth (ages 10 yrs. and up). Fee is \$25 and includes supplies. Maximum of 3 students per class. Classes are held from 9:30-11:30 a.m. on the following days: Oct. 11 & 18, Nov. 8 & 22, Dec. 6. Stop by the Skills Center to register.

**Lodging Programs Expanded for Holidays**

Due to an Air Force waiver, the Sand Dollar Inn and other AETC lodging offices can take "Space A" reservations as far out as two months in advance of the Nov. 22-29 Thanksgiving holiday and the Dec. 12 to Jan. 4 Christmas and New Year's holiday. That means people can book up to an eight-day stay for Thanksgiving now and as soon as Oct. 1 for up to a 20-day stay over the Christmas and New Year's holidays.

**283-4211**

**Beach Fitness Run**

Thursday, Oct. 30, 2003  
at 3 p.m.  
Contact the Fitness Center for more information.

**283-2631**



**Tyndall Youth Center Seventh Annual**

## FALL FESTIVAL

**October 24, 2003 • 6-9 p.m.**  
*Games, food & lots of fun for the entire family*

Climbing Wall  
Face Painting  
Fish Pond  
Cake Walk  
Bean Bag Toss  
Spooky Maze  
Crafts  
Lollipop Tree  
Basketball Shoot  
Lots More...

**Sponsored in part by:**  
First Command  
Financial Planning  
No federal endorsement of sponsor intended.

**Details call:**  
**283-4366**



**Community Activity Center**

☎ 283-2495

**Pig Skin Picks**

Forms are available at the CAC & Sports Page Pizza Pub. Prizes will be awarded. Ace the weekly Pig Skin Pick and receive one free Pizza Buffet. Sponsored in part by AA Military Benefits Group. No federal endorsement of sponsor intended.

**CAC Coffee Shop**

7 a.m.-11 a.m. Coffee beans by the pound and any variety, Cost: \$9 per pound.

**Tyndall Dive Club**

Next meeting: Oct. 23  
Call the Marina Club for more details: 283-3059

**Retiree's Golf Championship**

**October 25 & 26**  
**7:30 a.m. tee time**

Cost is \$30 and does not include cart or greens fees. Must be retired from any federal government service or agency. Tees: White and Gold Prizes  
Sign up by noon Oct. 24  
Must have certified handicap.





# Resources available to help domestic violence victims

**SHERI WARD**  
Family Advocacy outreach worker

What should you do if you are a victim of domestic violence?

First, understand that no one deserves to be intimidated, emotionally abused, isolated, economically dependent, coerced, threatened or beaten. It is not the victim's fault regardless of the circumstance.

The responsibility and blame should be and needs to be placed on the batterer. Our society, however, tends to put the blame on the victim- Why doesn't she just leave? Why not say, why doesn't he stop abusing her?

Victims of domestic violence stay in violent relationships for many reasons. Some of those reasons are: lack or limited access to money, they have to provide for their children, no other place to stay, lack of support, scared for their safety if they leave, they hold on to the belief that things will get better, they are in love or a number of other reasons.

Again, it is the victim who needs support not blame. It is easy for people to judge; however, until you have been in their shoes you don't know the dynamics of their situation.

What can you do if you or someone you know is a victim of domestic violence? You can call the Family Advocacy Program at 283-7511 or the 24-hour crisis and help line at 1-800-252-2597 or 763-0706. Talk to these professionals about the violent situation and they will assist you with resources to help you through the process (support groups, safety plans, legal assistance, safe housing, court orders, etc.).

As a friend, you can be there to listen and not judge someone who is a victim of domestic violence. Ask if there is anything that you can do for them, but don't tell them what they need to do.

Give them resources (phone numbers or brochures about domestic violence). It has to be the victim's choice to leave the relationship, or else the

***Somber statistic:  
Every 15 seconds, a woman is battered in the United States by her husband, boyfriend or live-in partner.***

likelihood of them returning to the abusive relationship will greatly increase. Let them know that you are there for them regardless of what they decide (on the average, a women leaves an abusive relationship about seven times

before she is actually done with it all together).

Understand that leaving a violent relationship can be a long process, but there are many services to help people become survivors of domestic violence.

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pleting staff assistance visits. Talking to both unit commanders and members assigned to each unit will allow him to see if people, especially first- and second-term airmen, are receiving proper career counseling.

“Because of downsizing, the Air Force pretty much did away with the unit career advisor in the 1980s. Retention rates were not an issue then like they are now,” he said. “But because of this, some of the things that we (Air Force members and supervisors) should be talking to our young airmen about, we’re not. Completing staff assistance visits will allow me to see where each unit is lacking and then provide training to supervisors on how to correctly give people feedback that will not only enhance their performance, but also their Air Force careers.”

Sergeant Kahapea will be

required to brief the wing commander on a quarterly basis with regards to any changes on Tyndall’s retention statistics. “Previously when the Air Force had base career advisors, they fell under the military personnel flight. Now, seeing the importance of the job, the Air Force is requiring all career assistance advisors to work directly for the wing commander staff. I’ll be reporting to Chief Master Sgt. Richard Cargill, the 325th Fighter Wing command chief master sergeant.”

The importance of this job cannot be overestimated, Chief Cargill said. “We’re dealing with a very competitive job market in the civilian sector. There seems to be a big misconception about Air Force opportunities and the benefits an Air Force career provides,” he said. “But I think a lot of people just don’t know all of

the options that are available to them. The Air Force has recognized that we’re having a problem with retention and people thinking, “the grass is greener on the other side of the fence.”

The position of career assistance advisor is another step towards correcting this problem, and Sergeant Kahapea is just the person for the job. He’s great with people and is more than happy to share his knowledge and Air Force experiences.”

It’s all about making a difference, Sergeant Kahapea said. “This job is tailor-made for me. Getting the right information in the right person’s hands is important. I believe that, through this job, I can make a big difference for a lot people and I’m honored that our wing commander and command chief chose me for the job – I can’t wait to get started.”

